

## CLAIMS

1. A sports device comprising an elongated body (1),  
characterized in that the elongated body (1) is equipped  
with at least two handles (3), wherein the handles (3) are  
configured to respectively accommodate hands and/or feet (8;  
9),  
and that the elongated body (1) can be elastically flexed  
from a longitudinal direction.
2. The sports device according to claim 1, characterized in  
that the elongated body (1) is arranged in the form of a swim-  
ming float.
3. The sports device according to claim 1 or 2, characterized  
in that the elongated body (1) is formed of a material gener-  
ating buoyancy in water.
4. The sports device according to claim 3, characterized in  
that the material generating buoyancy is a closed-cell foam.
5. The sports device according to anyone of the preceding  
claims, characterized in that the elongated body (1) in a  
resting position has the shape of a cylinder.
6. The sports device according to anyone of the preceding  
claims, characterized in that the elongated body (1) in a  
resting position has a shape, a cross-section of which in at  
least a main portion along the length of the body has the form  
of a circle, a half circle, a rectangle, a square, a polygon,  
a rhombus, a kite-form or a trapezoid.

7. The sports device according to anyone of the preceding claims, characterized in that the ends of the elongated body (1) are planar or round.

8. The sports device according to anyone of the preceding claims, characterized in that the elongated body (1) has a signal color at least on the surface (7).

9. The sports device according to anyone of the preceding claims, characterized in that the handles (3) are attached separately to the elongated body (1).

10. The sports device according to anyone of the preceding claims, characterized in that the handles (3) are attached close to the respective body ends (1a, 1b) by means of borings (2).

11. The sports device according to claim 10, characterized in that tube elements (5) are respectively inserted in the borings (2) through the body (1).

12. The sports device according to anyone of the preceding claims, characterized in that the handles (3) are formed, respectively identically or different from each other, by hoops and/or loops.

13. The sports device according to anyone of the preceding claims, characterized in that the handles (3) are formed of a stretchable element made of an elastically stretchable material, which is attached respectively to the elongated body (1).

14. The sports device according to claim 12 or 13, characterized in that the hoops and/or loops are at least partially enclosed by a cushioning (4) made of soft material.

15. The sports device according to anyone of the preceding claims, characterized in that the elongated body (1) is dimensioned such that it can be grasped or holded both in the resting position and in the operation status by means of a hand via one handle and by means of a foot of a person via another handle.

16. The sports device according to anyone of the preceding claims, characterized in that the elongated body (1) in a resting position is about 2 to 15 cm in width and about 40 to 150 cm in length.

17. An assembly including a sports device according to anyone of claims 1 to 16, and at least one standing holder (10), into which the elongated body (1) is inserted.